

## Statistics Report 01053, Cream, fluid, heavy whipping

Report Date: July 05, 2017 03:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	57.81	7	0.540	56.1	59.62	4.0	56.317	59.298	1	Analytical or derived from analytical	--	01/2015
Energy	kcal	340	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Energy	kJ	1422	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Protein <a href="#">1</a>	g	2.84	7	0.238	1.72	3.25	4.0	2.205	3.481	1	Analytical or derived from analytical	--	01/2015
Total lipid (fat) <a href="#">1</a>	g	36.08	6	0.520	34.71	37.44	3.0	34.428	37.723	1	Analytical or derived from analytical	--	01/2015
Ash <a href="#">1</a>	g	0.53	7	0.038	0.38	0.62	4.0	0.426	0.638	1	Analytical or derived from analytical	--	01/2015
Carbohydrate, by difference	g	2.74	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total <a href="#">1</a>	g	2.92	6	0.053	2.78	3.24	4.0	2.77	3.078	1	Analytical or derived from analytical	--	01/2015
Sucrose <a href="#">1</a>	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015

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Glucose (dextrose) <a href="#">1</a>	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Fructose <a href="#">1</a>	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Lactose <a href="#">1</a>	g	2.92	6	0.053	2.78	3.24	4.0	2.77	3.078	1	Analytical or derived from analytical	--	01/2015
Maltose <a href="#">1</a>	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Galactose <a href="#">1</a>	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	66	9	0.894	63	69	6.0	63.51	67.885	1	Analytical or derived from analytical	--	01/2015
Iron, Fe <a href="#">1</a>	mg	0.10	9	0.029	0.04	0.27	6.0	0.031	0.171	1	Analytical or derived from analytical	--	01/2015
Magnesium, Mg <a href="#">1</a>	mg	7	9	0.100	6	7	6.0	6.584	7.067	1	Analytical or derived from analytical	--	11/1976
Phosphorus, P <a href="#">1</a>	mg	58	9	0.855	56	62	6.0	56.267	60.453	1	Analytical or derived from analytical	--	01/2015
Potassium, K <a href="#">1</a>	mg	95	9	1.697	86	101	6.0	90.681	98.932	1	Analytical or derived from analytical	--	01/2015

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Sodium, Na <a href="#">1</a>	mg	27	9	1.075	24	33	6.0	24.36	29.617	1	Analytical or derived from analytical	--	01/2015
Zinc, Zn <a href="#">1</a>	mg	0.24	9	0.005	0.22	0.27	6.0	0.224	0.25	1	Analytical or derived from analytical	--	01/2015
Copper, Cu <a href="#">1</a>	mg	0.011	9	0.001	0.01	0.02	6.0	0.007	0.014	1	Analytical or derived from analytical	--	01/2015
Manganese, Mn <a href="#">1</a>	mg	0.006	9	0.000	0.01	0.01	6.0	0.005	0.007	1	Analytical or derived from analytical	--	01/2015
Selenium, Se <a href="#">1</a>	µg	3.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Fluoride, F <a href="#">2</a>	µg	3.0	9	--	3	3	--	--	--	1	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin <a href="#">1</a>	mg	0.020	6	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	01/2015
Riboflavin <a href="#">1</a>	mg	0.188	6	0.007	0.13	0.21	4.0	0.168	0.208	1	Analytical or derived from analytical	--	01/2015
Niacin <a href="#">1</a>	mg	0.064	6	0.003	0.05	0.07	3.0	0.056	0.073	1	Analytical or derived from analytical	--	01/2015

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Pantothenic acid <a href="#">↓</a>	mg	0.495	4	0.021	0.43	0.54	2.0	0.403	0.587	1	Analytical or derived from analytical	--	01/2015
Vitamin B-6 <a href="#">↓</a>	mg	0.035	6	0.002	0.03	0.04	3.0	0.03	0.04	1	Analytical or derived from analytical	--	01/2015
Folate, total	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	16.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12 <a href="#">↓</a>	µg	0.16	6	0.010	0.13	0.18	3.0	0.125	0.186	1	Analytical or derived from analytical	--	01/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	411	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	405	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	72	--	--	--	--	--	--	--	--	Calculated or imputed	01001	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	1470	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.92	4	0.080	0.74	1.01	2.0	0.576	1.263	1	Analytical or derived from analytical	--	01/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">1</a>	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Tocopherol, gamma <a href="#">1</a>	mg	0.24	4	0.004	0.23	0.27	2.0	0.221	0.255	1	Analytical or derived from analytical	--	01/2015
Tocopherol, delta <a href="#">1</a>	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Vitamin D (D2 + D3)	µg	1.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin D2 (ergocalciferol) <a href="#">1</a>	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin D3 (cholecalciferol) <a href="#">1</a>	µg	1.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin D <a href="#">1</a>	IU	63	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin K (phylloquinone)	µg	3.2	--	--	--	--	--	--	--	--	Calculated or imputed	01001	12/2002

**Lipids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	23.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0 <a href="#">1</a>	g	0.732	6	0.017	0.67	0.81	3.0	0.677	0.787	1	Analytical or derived from analytical	--	01/2015
6:0 <a href="#">1</a>	g	0.609	6	0.012	0.57	0.7	3.0	0.572	0.647	1	Analytical or derived from analytical	--	01/2015
8:0 <a href="#">1</a>	g	0.384	6	0.006	0.37	0.45	4.0	0.366	0.402	1	Analytical or derived from analytical	--	01/2015
10:0 <a href="#">1</a>	g	0.905	6	0.013	0.87	1.07	4.0	0.869	0.941	1	Analytical or derived from analytical	--	01/2015
12:0 <a href="#">1</a>	g	1.050	6	0.019	1	1.26	4.0	0.996	1.103	1	Analytical or derived from analytical	--	01/2015
14:0 <a href="#">1</a>	g	3.331	6	0.098	3.03	3.95	3.0	3.03	3.632	1	Analytical or derived from analytical	--	01/2015
15:0 <a href="#">1</a>	g	0.353	6	0.014	0.31	0.42	3.0	0.311	0.396	1	Analytical or derived from analytical	--	01/2015
16:0 <a href="#">1</a>	g	9.298	6	0.387	8.09	10.65	3.0	8.073	10.523	1	Analytical or derived from analytical	--	01/2015
17:0 <a href="#">1</a>	g	0.210	6	0.008	0.18	0.25	3.0	0.185	0.236	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 <a href="#">1</a>	g	3.572	6	0.073	3.38	4.05	3.0	3.349	3.796	1	Analytical or derived from analytical	--	01/2015
20:0 <a href="#">1</a>	g	0.047	6	0.001	0.04	0.06	4.0	0.043	0.051	1	Analytical or derived from analytical	--	01/2015
22:0 <a href="#">1</a>	g	0.015	6	0.001	0.01	0.02	4.0	0.013	0.018	1	Analytical or derived from analytical	--	01/2015
24:0 <a href="#">1</a>	g	0.009	6	0.001	0.01	0.01	3.0	0.007	0.011	1	Analytical or derived from analytical	--	01/2015
Fatty acids, total monounsaturated	g	9.101	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
14:1 <a href="#">1</a>	g	0.344	6	0.018	0.3	0.42	3.0	0.286	0.401	1	Analytical or derived from analytical	--	01/2015
15:1 <a href="#">1</a>	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
16:1 undifferentiated <a href="#">1</a>	g	0.656	6	0.038	0.55	0.74	3.0	0.537	0.776	1	Analytical or derived from analytical	--	01/2015
16:1 c <a href="#">1</a>	g	0.547	6	0.032	0.46	0.62	3.0	0.447	0.648	1	Analytical or derived from analytical	--	01/2015
16:1 t <a href="#">1</a>	g	0.109	6	0.006	0.09	0.13	3.0	0.09	0.129	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 <a href="#">1</a>	g	0.065	6	0.003	0.06	0.07	3.0	0.054	0.076	1	Analytical or derived from analytical	--	01/2015
18:1 undifferentiated <a href="#">1</a>	g	7.968	6	0.130	7.56	8.79	3.0	7.577	8.359	1	Analytical or derived from analytical	--	01/2015
18:1 c <a href="#">1</a>	g	7.078	6	0.131	6.66	7.69	3.0	6.673	7.482	1	Analytical or derived from analytical	--	01/2015
18:1 t <a href="#">1</a>	g	0.891	6	0.014	0.86	1.1	4.0	0.851	0.93	1	Analytical or derived from analytical	--	01/2015
20:1 <a href="#">1</a>	g	0.065	6	0.002	0.06	0.08	3.0	0.06	0.07	1	Analytical or derived from analytical	--	01/2015
22:1 undifferentiated <a href="#">1</a>	g	0.003	6	0.000	0	0.01	4.0	0.002	0.004	1	Analytical or derived from analytical	--	01/2015
22:1 c <a href="#">1</a>	g	0.003	6	0.000	0	0.01	4.0	0.002	0.004	1	Analytical or derived from analytical	--	01/2015
22:1 t <a href="#">1</a>	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
24:1 c <a href="#">1</a>	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Fatty acids, total polyunsaturated	g	1.570	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated <a href="#">1</a>	g	1.294	6	0.024	1.2	1.5	4.0	1.227	1.361	1	Analytical or derived from analytical	--	01/2015
18:2 n-6 c,c <a href="#">1</a>	g	0.874	6	0.021	0.77	1.02	4.0	0.814	0.933	1	Analytical or derived from analytical	--	01/2015
18:2 CLAs <a href="#">1</a>	g	0.188	6	0.005	0.18	0.23	3.0	0.173	0.203	1	Analytical or derived from analytical	--	01/2015
18:2 t not further defined <a href="#">1</a>	g	0.232	6	0.004	0.21	0.25	4.0	0.221	0.243	1	Analytical or derived from analytical	--	01/2015
18:3 undifferentiated <a href="#">1</a>	g	0.128	6	0.008	0.1	0.21	4.0	0.107	0.149	1	Analytical or derived from analytical	--	01/2015
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.122	6	0.007	0.1	0.2	4.0	0.102	0.142	1	Analytical or derived from analytical	--	01/2015
18:3 n-6 c,c,c <a href="#">1</a>	g	0.002	6	0.001	0	0	3.0	--	0.004	1	Analytical or derived from analytical	--	01/2015
18:3i <a href="#">1</a>	g	0.004	6	0.000	0	0.01	3.0	0.004	0.005	1	Analytical or derived from analytical	--	01/2015
18:4 <a href="#">1</a>	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c <a href="#">1</a>	g	0.008	6	0.001	0.01	0.01	3.0	0.006	0.01	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated <a href="#">1</a>	g	0.041	6	0.000	0.04	0.04	3.0	0.04	0.042	1	Analytical or derived from analytical	--	01/2015
20:3 n-6 <a href="#">1</a>	g	0.039	6	0.000	0.04	0.04	4.0	0.038	0.04	1	Analytical or derived from analytical	--	01/2015
20:4 undifferentiated <a href="#">1</a>	g	0.058	6	0.001	0.05	0.06	4.0	0.054	0.061	1	Analytical or derived from analytical	--	01/2015
20:5 n-3 (EPA) <a href="#">1</a>	g	0.009	6	0.001	0.01	0.02	4.0	0.006	0.012	1	Analytical or derived from analytical	--	01/2015
22:4 <a href="#">1</a>	g	0.010	6	0.000	0.01	0.01	3.0	0.009	0.011	1	Analytical or derived from analytical	--	01/2015
22:5 n-3 (DPA) <a href="#">1</a>	g	0.020	6	0.001	0.01	0.03	4.0	0.016	0.025	1	Analytical or derived from analytical	--	01/2015
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	1.236	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Fatty acids, total trans-monoenoic	g	1.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Cholesterol <a href="#">1</a>	mg	113	6	1.853	108	119	3.0	107.083	118.418	1	Analytical or derived from analytical	--	01/2015
<b>Amino Acids</b>													
Tryptophan <a href="#">3</a>	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <a href="#">3</a>	g	0.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Isoleucine <a href="#">3</a>	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Leucine <a href="#">3</a>	g	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Lysine <a href="#">3</a>	g	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Methionine <a href="#">3</a>	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Cystine <a href="#">3</a>	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Phenylalanine <a href="#">3</a>	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Tyrosine <a href="#">3</a>	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Valine <a href="#">3</a>	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Arginine <a href="#">3</a>	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine <sup>3</sup>	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Alanine <sup>3</sup>	g	0.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Aspartic acid <sup>3</sup>	g	0.209	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Glutamic acid <sup>3</sup>	g	0.572	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Glycine <sup>3</sup>	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Proline <sup>3</sup>	g	0.302	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Serine <sup>3</sup>	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18b, 2014 Beltsville MD

<sup>2</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD